



Avocado Pesto Sauce

30 minutes

Hands on

Family

Portion(s)

1

Difficulty



Method

For the avocado pesto sauce:

- Add all of the ingredients, apart from the olive oil, to a food processor.
- Beat for 2 minutes, until the nuts break down.
- Then add the olive oil and grated parmesan.
- Beat to combine.
- Your avocado pesto sauce is ready.

To serve:

- Preheat oven to 180* C 9350* F) Fan.
- Cut the bread into slanted slices and bake for 10-15 minutes, until golden and crunchy.
- When ready, remove from oven and set aside for 1-2 minutes to cool.
- Spread crunchy bread slices with avocado pesto sauce. Add some cherry tomatoes, sea fennel and parmesan shavings.

Ingredients

- 2 ripe avocados (250 g)
- 20 g basil
- 50 g nuts
- salt
- pepper
- 50 g parmesan cheese, grated
- grated zest and juice from 1 lemon
- 1 clove of garlic
- 50-100 ml olive oil

To serve:

- 1 loaf of bread
- 200 g cherry tomatoes
- some chrithmum (sea fennel)
- avocado pesto sauce
- parmesan cheese shavings

Διατροφικός πίνακας

Nutrition information per 100 gr.

349 Calories (kcal)	33.2 Total Fat (g)	7.4 Saturated Fat (g)	2.7 Total Carbs (g)
17%	47%	37%	1%
1.0 Sugars (g)	8.5 Protein (g)	2.9 Fibre (g)	0.43 Sodium (g)
1%	17%	12%	7%